

Maternal Outcomes of Breast Milk Feeding in King Abdulaziz University, Saudi Arabia



Lama Banjar, Afaf Ghunaim, Hanan Faruqi,
Haifaa Alshaikh, Mashael Alsamti, Amal Almalki
King Abdulaziz University, Jeddah, Saudi Arabia



Introduction

- Breast milk is the optimum source of nutrition for the newborn throughout infancy.
- International studies suggest that breastfeeding is beneficial for both the mother and her baby.
- Lactation is an efficient way of postpartum weight reduction as a result of its high energy expenditure.
- Postpartum depression is a serious health problem that affects the mother's health and her ability to care for her infant.
- Controversy exists in the literature regarding the possibility of postpartum depression leading to early breastfeeding cessation as opposed to breastfeeding altering the risk of depression.

Aim of the study

- To determine the outcomes of breastfeeding (in terms of maternal weight loss and presence or absence of depression) in mothers attending King Abdulaziz University Hospital (KAUH), Jeddah, Saudi Arabia.

Methods

- Cross sectional observational study conducted in KAUH well baby clinics in 2013/2014.
- A random sample of 153 mothers with children that are under the age of 2 years participated in this study.
- Breast milk feeders were defined as mothers who breastfed their children for any duration, exclusively or mixed with formula, and directly or through breast pump.
- Data about pattern of feeding and suggested outcomes were collected via interviews using a standard questionnaire designed for the study.
- Current weight in kilograms and height in meters were measured with calculation of Body Mass Index (BMI).
- Hamilton Depression Rating Scale (HAMD) was utilized for evaluating depression.

Table1: AMD score and depression degree.

Score	Degree
0-6	No depression
8-13	Mild depression
14-18	Moderate depression
19-22	Severe depression
≥23	Very severe depression

- Data were analyzed using the latest version SPSS.
- A p-value <0.05 was considered statistically significant.

Results

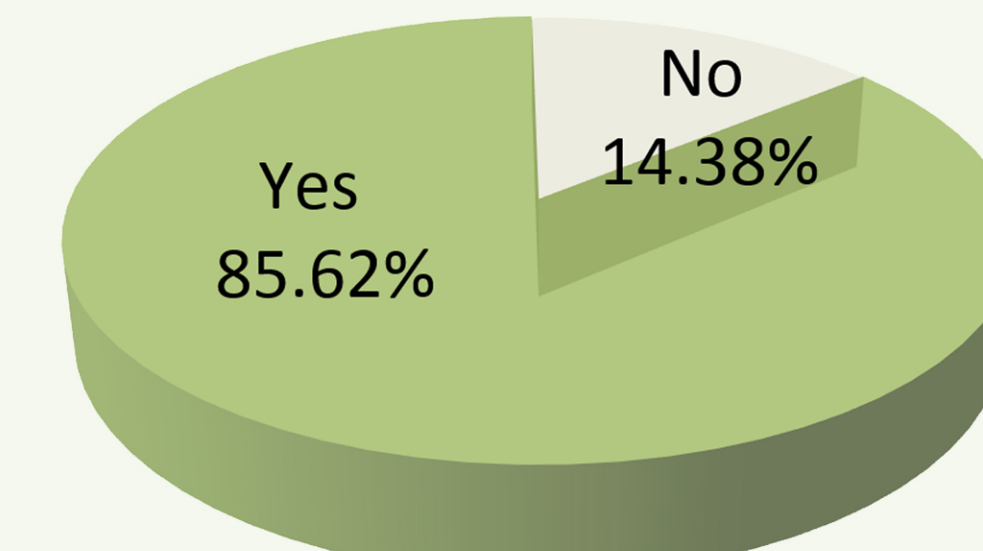


Figure 1: Percentage of breast milk feeders.

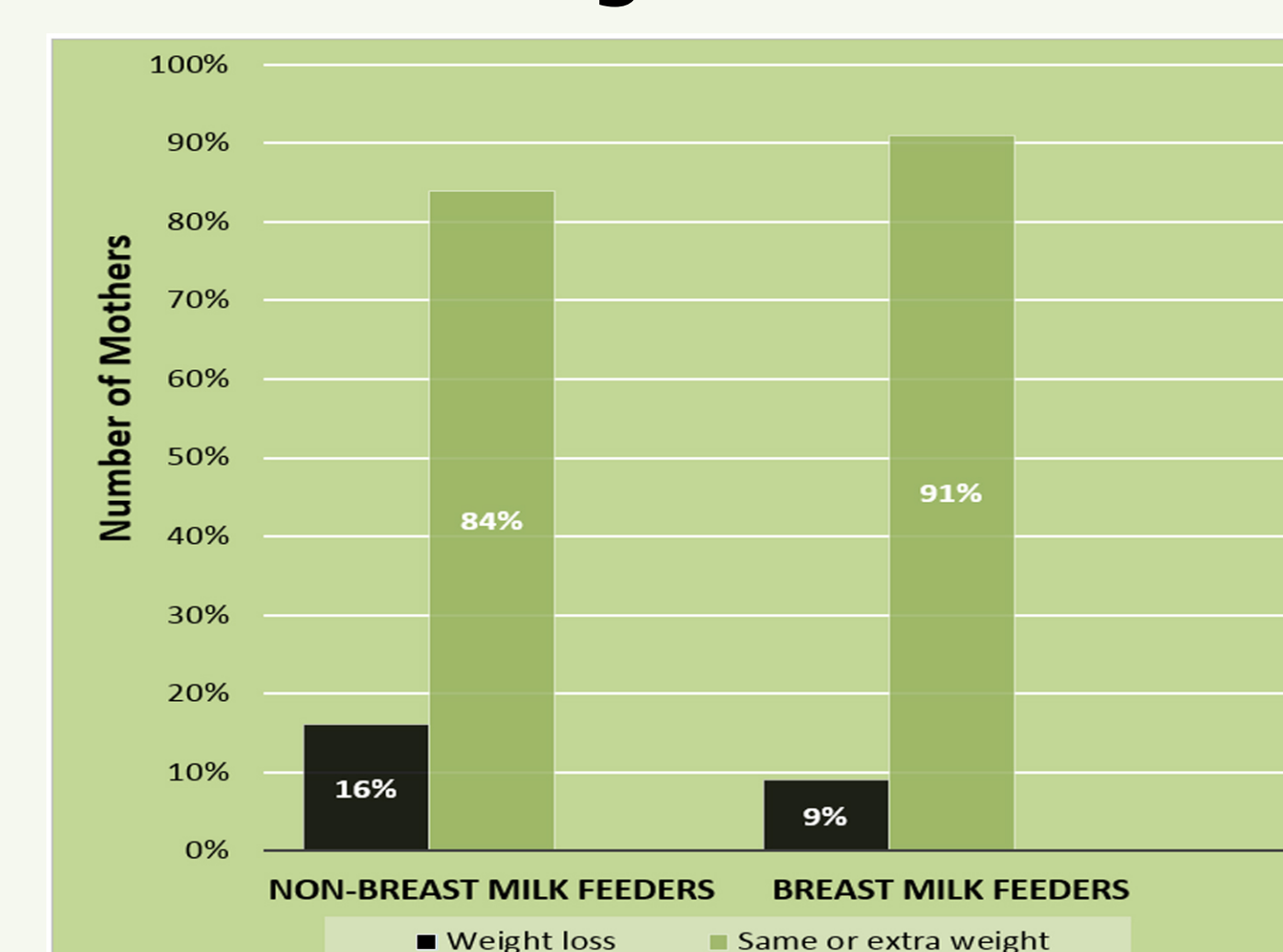


Figure 2: Weight loss in breast milk feeders compared to non-breast feeders.

- Weight loss in breast milk feeders was not statistically significant ($p=0.32$).

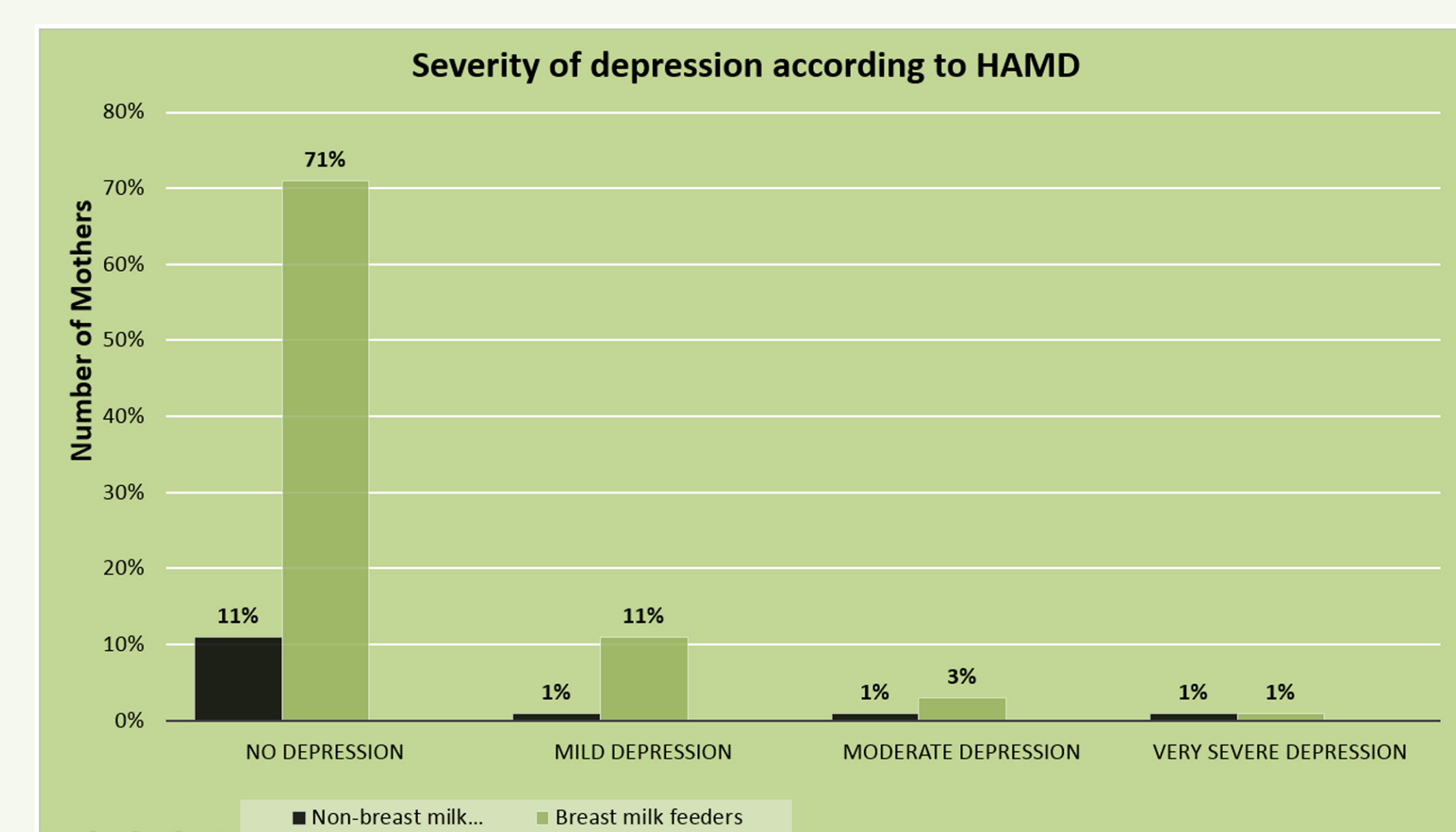


Figure 3: Frequency and severity of depression in breast milk feeders compared to non-breast milk feeders.

- Although depression was more common in non-breast feeders, this was not statistically significant ($p=0.16$), and the correlation coefficient was weak ($r_s = -0.115$).

Conclusions

- The outcome of weight loss was not observed in breast milk feeders.
- Depressed women were less adherent to breast milk feeding.

References:

- 1- Hatsu IE, McDougald DM, Anderson AK. Effects of Infant Feeding on Maternal Body Composition. International Breastfeeding Journal. 2008;3(4):18.
- 2-Baker JL, Gamborg M, Heitmann BL, Lissner L, Sørensen TI, Rasmussen KM. Breastfeeding reduces postpartum weight retention. Am J Clin Nutr. 2008;88(6):1543-51.

Acknowledgments:

Special thanks to Dr. Hala Mosli for supervising this project.